

If the patient also has other health conditions and did not respond to the WHITEE Patch and LC Balancer in one month, additional formulas are required depending on the specific complication.

- 1) **Spleen Damp:** If the patient has joint swelling, or symptoms of body or leg heaviness, or sudden onset joint or muscle pain that is jumping from joint to joint, it may be due to poor lymphatic circulation causing excessive waste accumulation in the lymph fluid which can trigger an autoimmune condition or spleen damp in TCM. The patient may be presenting with symptoms of Rheumatoid Arthritis (RA) but have not been diagnosed yet. This can occur when the primary autoantibody is present causing the joint pain but a diagnosis has not been made since the secondary autoantibody, RF factor, has not been generated yet. In these cases, Java and LC Balancer are recommended to clear spleen damp and restore lymphatic circulation to resolve the autoimmune condition. Patients should notice system improvement in 2 weeks with less joint pain and inflammation. 6 weeks to 3 months of treatment is required depending on severity.
  
- 2) **Liver Deficiency – Nerve:** If the patient has a liver condition such as high cholesterol, fatty liver, drug/alcohol addictions, and/or diabetes, or utilized pain killers heavily long term, they may not experience expected pain reduction due to their low pain tolerance. During the treatment, they may sense more pain even though their condition is getting better. The congested and poorly functioning liver can't support and maintain nerve health. Their nerves are not functioning normally, therefore, are feeling their pain at an abnormal level. Brown is also recommended for this type of patient to improve their liver condition and restore their nerve's normal pain sensation. Patients should notice pain reduction within 3 days. 2-6 weeks of treatment is required depending on severity.
  
- 3) **Liver Deficiency-Autoimmune:** If patients have joint swelling and/or also have psoriasis or psoriatic arthritis, patients may have an autoimmune condition caused by a liver deficiency. This is because the liver is part of the immune system, producing suppressor T cells which tell the immune system to stop working when an injury heals. When the patient has a liver deficiency, an unwanted immune response can occur. Brown, Java, and LC Balancer are required to address the liver deficiency and resolve the autoimmunity. Patients should notice reduction in joint swelling within 2 weeks. 4-6 weeks of treatment is required depending on severity.
  
- 4) **GI Deficiency:** If the patient has a GI deficiency such as, food allergies, leaky gut, or gastritis, they may experience nutritional deficiencies affecting their joint cartilage regeneration. The full GI protocol is recommended. This includes SJ, Spring Capsule, Formula B, and Probiosis. This is necessary because with a GI deficiency, the proper nutrients which are normally absorbed from their diet are not entering into the bloodstream. These nutrients are important for tissue repair all over the body, especially in areas that have sustained damaged. This is especially important when treating the hip joint. A cold stomach can cause Piriformis Syndrome with symptoms of hip tightness, hip coldness and pain, and low energy due to insufficient blood flow to the hip. It can develop into avascular necrosis in severe cases and a hip replacement is usually recommended by their physician as the only solution. With the use of GI protocol along with the WHITEE Patch and LC Balancer, patients should notice pain reduction in 1-3 weeks depending on severity. 3 months of treatment may be required for significant improvement and sustained results. (Please refer Hip Pain and Osteoarthritis protocol for details)

- 5) **Mycobacterial Infection:** If the patient suffers from osteopenia or osteoporosis, it is likely that the cause is from a mycobacterial infection. Mycobacteria inhibits connective tissue synthesis and mycobacterial infections can cause pain and swelling in the joints and bones, especially of the hips and knees, as well as weakness and fatigue. Patients may develop osteopenia or osteoporosis as well. It is recommended to clear the infection before addressing the osteoarthritis using Ostenin and Martial. Ostenin helps clear the mycobacterial infections from the bone. Martial helps repair the tissue damage in the surrounding area and facilitate bone tissue regeneration. Fibro is also recommended to dissolve the scar tissue that has formed due to the infection. Patients should notice improvement in symptom within 3 days. 3-4 weeks of treatment is required for significant improvement and sustained results.
- 6) **Kidney Deficiency:** if the patient has a kidney deficiency or suffers from conditions such as adrenal deficiency, kidney stones, infections, or other chronic kidney diseases, they can have poor bone health with joint problems. Adrenal deficiencies can affect kidney filtration function resulting in mineral imbalance, which can affect bone and joint health. When the kidneys are not functioning properly due to the damage caused by previous infections, kidney stones, or drugs, then waste is not processed and excreted from the body properly. This buildup of waste, such as uric acid, can settle in the patient's joints, causing joint pain and swelling and conditions such as gout. Patients may also have other symptoms such as fatigue, weakness, feeling of depression, exhaustion, decreased libido, apathy, and lethargy. Some patients may experience a metallic taste in their mouth due to the excessive amount of minerals retained in the blood. Xcel is recommended to restore kidney function. Xcel helps with kidney filtration and overall function to excrete any excess waste and balancing of minerals. Patients should experience improvement in their symptoms in 1-3 days. 2-6 weeks of treatment is required depending on severity.

For patients with a kidney stone present, KS is recommended to clear kidney heat by breaking down the stone. For patients with kidney infections, more customized treatment is required depending on the types of infections. For patients with chronic kidney disease, a full kidney protocol is required including LC Balancer, Xcel, KS, Anemic, and Formula C.

- 7) **Biomechanical Issues:** If the patient also has muscle, tendon, or ligament problems causing extra mechanical stress to a certain area of the joint cartilage tissue, the FASTT Patch is recommended to address these soft tissue injuries. If the patient also has other biomechanical issues which affect their joints, these biomechanical issues have to be addressed in order to achieve desired treatment results.

If the joint pain is posture or activity-related and the pain is not constantly present, the body's healing mechanism is not constantly active. Patients should resume correct postures, or perform specific motions to trigger the pain as frequently as possible while using the WHITEE Patch and LC Balancer. The pain will trigger the body's natural healing process which will be accelerated by the WHITEE Patch and LC Balancer.

Patients who are overweight are more prone to develop knee osteoarthritis which may not be fully resolved with WHITEE and LC Balancer due to high level of continuous mechanical stress to the knee joint. Patients' weight needs to be taken care of while or before using the WHITEE Patch and LC Balancer. The success rate is lower and the improvement will not be 100% if there is a metal implant in patient's joint.

## Osteoarthritis Customized Treatment Summary

Complication	Products
Rheumatoid Arthritis (Spleen Damp)	Java, LC Balancer
Liver Conditions – Nerve (Liver Deficiency)	Brown
Liver Conditions – Autoimmune (Liver Deficiency)	Brown, Java, LC Balancer
Food allergies, Leaky Gut, Gastritis (GI Deficiency)	SJ, Spring Capsule, Formula B, Probiosis
Osteoporosis, Osteopenia (Myco)	Ostenin, Martial, Fibro
Kidney infections/stones (Kidney Deficiency)	Xcel, KS

### **Case: Resolution of Severe Hip Pain, Acid Reflux and Stomach Ulcers**

*Brian Hess, DC, VA*

Age 55 active male who actively surfed and danced complained of a 5-year-old bilateral hip pain. Patient had tried various therapies and was considering quitting dancing because of restricted mobility and pain. He reported low energy, stiffness, periodic stomach pain, and had a history of acid reflux and stomach ulcers. Upon examination, his hips felt cold with hardening of the hips and surrounding muscle tissue. Patient's hip pain was related to his acid reflux condition.

After week 1 of treatment using Wei Lab's GI formulas, WHITEE patch, and LC Balancer his hips felt more pain, especially at night. By week 2, the hip pain had subsided, and he reported an increase in energy and flexibility. On week 3, his Tango instructor commented on his improved flexibility. On week 5, patient had no hip pain, and can do a 180-degree contra-body twist in his dance class. He has increased energy and is free of digestive symptoms. Finally, he reports better sleep now than he has had for many years. Results have been sustained.